

Ward Off Winter Chills and Ills with Ginger

Janella Purcell's Top Tips for Staying Well in Winter

While ginger may be a kitchen staple for its distinct flavour, it's also an indispensable rhizome that helps to bolster the body's immunity and support digestion—particularly during the cooler months.

"It's that time of year when there is less moisture in the air, so we start to experience symptoms of dryness - cracked lips, constipation, dry skin, dandruff and coughs," says herbalist, naturopath and Lifestream wholefoods ambassador, Janella Purcell. "Ginger is a pungent flavour that has a great effect on the lungs and helps to reduce inflammation."

But what is the best way to get the most from this often-used, potent herb? While the root in its natural form is undoubtedly beneficial, there are also convenient ways to take ginger to get the most from its warming, circulatory and anti-inflammatory properties.

"As peeled ginger loses a lot of its essential oil content, extracts and dried ginger are produced from the dried and unpeeled root or rhizome, which is considered to be the most useful part of this perennial herb," Purcell says. "I'm often busy and I travel a lot, so taking Lifestream wholefoods' Ginger Syrup or Bioactive Ginger capsules are my winter essentials."

JANELLA ON GINGER'S BENEFITS

"Ginger is an ancient Chinese herb with a 2500-year-old reputation as a herbal remedy. It contains many phytochemicals that help the lungs function more effectively," she says.

Supports the Body's Detoxification

Ginger promotes your respiratory health by helping to eliminate air pollutants, tobacco smoke and perfumes out of the air passages. It also relieves congestion, as well as improves circulation to the lungs, thus reducing the severity of many chronic lung-diseases such as bronchitis.

Recommended for Asthma Patients¹

Asthma is a long-term disease that is characterised by the inflammation of the air passages of your lungs. Ginger helps control this inflammation so you feel and breathe better.

Keeps Us Warm, Keeps Us Moving

In the cooler months our bodies turn inwards and processes can slow down. Ginger warms the circulation and is particularly good for chilly hands and feet along with promoting movement to the joints, digestion, and circulation.

Relieves Nausea

Ginger is also a traditional herb to relieve symptoms of nausea and motion sickness, including during pregnancy and travel. Carrying ginger capsules is an essential travel companion for those susceptible to motion sickness.

TOP WAYS TO ADD GINGER TO YOUR DAY

Add Lifestream ginger syrup to a green smoothie with a dash of honey. Ginger shifts that cooling green smoothie into a winter warmer. Mix warm water, ginger syrup and a teaspoon of honey to make a delicious, immune-boosting cuppa (try Janella's Healthy Moscow Mule recipe below). Take two capsules of Lifestream ginger half an hour before departure and one or two more again if necessary during travel for nausea. Take two capsules an hour before pregnancy nausea tends to take hold. One to three capsules daily acts as an immune, digestive and circulatory tonic.

1 <http://newsroom.cumc.columbia.edu/blog/2013/05/20/ginger-compounds-may-be-effective-in-treating-asthma-symptoms/>

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MEDIA NOTES:

POTENTIAL ANGLES: • Winter wellness features and product pages • How to build immunity naturally • Health and beauty winter trends • Health and beauty from the inside out • Essential winter must haves • Traditional remedies in modern times

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IMAGES: High resolution images and product samples available on request.

AVAILABILITY: Lifestream is available at selected health food stores nationwide and online at www.planethealth.com.au

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ABOUT LIFESTREAM

Before spirulina and aloe vera were household names, Lifestream produced these two highest quality, best-selling natural vegan supplements—and as a result, cemented its reputation as market leaders and innovators. Since then, Lifestream's entire product range has followed suit, with an extensive range offering consumers a choice above synthetic natural supplements, with only wholefood sourced ingredients. Lifestream has always produced clean, green and 100% natural, vegetarian and vegan-friendly products. Their uncompromising commitment to such excellence has resulted in a high level of loyalty with our customers. For 30 years, Lifestream, which is distributed in Australia by Planet Health, has embodied purity, consistency, quality and integrity.

ABOUT JANELLA PURCELL

A sought-after naturopath, nutritionist, medical herbalist, iridologist and chef, Janella Purcell has been a regular on Australian television with appearances on Masterchef, and as the "good chef" on Good Chef, Bad Chef. She is also a contributor to many of Australia's best-loved magazines, newspaper supplements and websites. As an author, Janella has four best-selling books, including Eating for the Seasons, which won the "best health and nutrition" category at the International Gourmand Awards. Janella's Wholefood Kitchen was also shortlisted for the prestigious award. Janella's Super Natural Foods was released in late 2014. She has combined her vast knowledge of food and nutrition to create a multi-disciplined approach to health and wellbeing. Dedicated to a core philosophy of food as medicine, the wholefood chef teaches how to get the most out of our meals – and how to avoid the pitfalls. She has been working with wholefoods since childhood and honing special diets for the past 15 years. Janella has personally used Lifestream products since her career began and officially became the brand's ambassador in 2014.

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